




This is my blueberry muffin recipe. There are many like it, but this one is mine.




Chaz
 [cvillette](https://cvillette.livejournal.com/)

<https://cvillette.livejournal.com/>
2008-05-07 09:30:00

MOOD:  accomplished

MUSIC: CocoRosie - Terrible Angels

Excellent though

 [leahbobet](https://leahbobet.livejournal.com/) (<https://leahbobet.livejournal.com/>), 's sour cream blueberry muffins of death are, sometimes you want something a little bit lighter.

Like this.

It's modeled after Alton Brown's blueberry muffin recipe, but of course I couldn't leave well enough alone.

Blueberry muffins:

9 ounces white flour
3.5 ounces whole wheat flour (I use the King Arthur white wheat flour)
1 teaspoon baking soda
2 teaspoons baking powder
.5 teaspoon kosher salt
1 cup loosely packed dark brown sugar
1 stick butter, melted
1 egg
1 cup whole milk plain yogurt. (You could probably use vanilla, too)
2 cups fresh or fresh-frozen blueberries
1 tsp vanilla extract
4 or 5 grates of fresh nutmeg
.25 tsp ground cardamom

Additional butter, to grease the muffin tin

Preheat your oven to 380 degrees F and prep your muffin tin.

Put the flour, baking soda, baking powder, and salt in your flour sifter (or whatever you use as a flour sifter), and sift it into a bowl.

In another bowl, combine the sugar, butter, egg, yogurt, and spices. I don't actually mix them, just kind of slop them together. However, make sure the butter has cooled before you get it anywhere near that egg!

Pour this mess into the bowl with the dry ingredients and mix it all together lightly (Ten or fifteen turns of the spoon is all). Do not try to get it completely homogenized: all you'll do is make the muffins tough. Add the blueberries and mix those in lightly.

Divide the mixture into one 12-muffin or two 6-muffin tins. Turn up the oven temperature to 400 degrees and place the muffins in the oven.

Bake for ten minutes. Come back, rotate the tins, and go away for another ten minutes. The muffins might be done at this point, or they may take another five minutes, dependent upon your oven.

Remove from tin, cool, and store in something airtight for 2-3 days (yeah, *right*).

Failure modes: Overmixing the muffins will make them tough, with huge air holes in them. Too much fluid (really, they should seem like very sticky cookie dough) will make the blueberries all sink to the bottom. Not greasing the tin will make them stick. Leaving them in the oven too long or cooking them too hot will make them burn...

...guess what I brought in to work this morning?

TAGS: [recipes](#)



[locked] Dream Journal

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning

Elvis doesn't live here anymore.

Hey there. Sorry about the drama. It was... it was an emotional decision, and I didn't

Poppets. Puppets. Poppet puppets. Scary.

68 comments



 trollcatz

May 7 2008, 14:43:17 UTC COLLAPSE

Wait, wait--I just got so I didn't panic at the sight of the words "cups" and "tablespoons." What is this "ounces?" Ounces! HELP!



 cvillette

May 7 2008, 14:50:56 UTC COLLAPSE

Ounces are the things you measure on your kitchen scale.

But, you say, I don't have a kitchen scale!

Ahh, says I. You haven't looked in the gift bag in your file drawer, then.

(Happy slightly early birthday.)

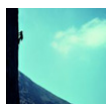


 trollcatz

May 7 2008, 15:29:51 UTC COLLAPSE

Omigod, I own a kitchen scale.

Omigod. I thought it was cool when I owned a *whisk*.



 cvillette

May 7 2008, 15:31:40 UTC COLLAPSE

Soon, nothing will stand before you!




 inaurolillium

May 7 2008, 20:53:51 UTC COLLAPSE

Congratulations! Soon, you will be able to call yourself a cook, and no one will be able to dispute you! Just don't let the impostor syndrome get to you too much. Remember, if you cook, you are a cook.




 [trollcatz](#)

[May 7 2008, 15:32:42 UTC](#) [COLLAPSE](#)

Omigod.




 [trollcatz](#)

[May 7 2008, 15:35:01 UTC](#) [COLLAPSE](#)

And it's CUTE! Are things that weigh stuff supposed to be cute?

Did you know that my stapler weighs five ounces?



 [ace_cub_reportr](#)

[May 7 2008, 15:41:03 UTC](#) [COLLAPSE](#)

I'll distract the grownups while you see how many paperclips are in an ounce.



 [trollcatz](#)

[May 7 2008, 15:41:57 UTC](#) [COLLAPSE](#)

Yesssssss!



 [cvillette](#)

[May 7 2008, 15:46:03 UTC](#) [COLLAPSE](#)

I've created a monster.



 [trollcatz](#)

[May 7 2008, 15:48:50 UTC](#) [COLLAPSE](#)

BWAH-hah-hah! Oh, this is so cool. I can't wait to get it home and weigh actual *food*. (How much does a slice of bread weigh? And drat, I can't weigh a muffin, because we ate them all.)



 [cvillette](#)

[May 7 2008, 15:52:39 UTC](#) [COLLAPSE](#)

The muffins averaged about 2.8 ounces each.



 [trollcatz](#)

[May 7 2008, 15:57:01 UTC](#) [COLLAPSE](#)

You are of My Tribe. <3 <3 <3 <3 <3




 [cvillette](#)

[May 7 2008, 15:58:58 UTC](#) [COLLAPSE](#)

I could list the individual weights for you, but I don't feel like typing them in.



 [cvillette](#)

[May 7 2008, 15:43:04 UTC](#) [COLLAPSE](#)


Cute kitchen gadgets are more fun to use than uncute kitchen gadgets.

And, er. Yes. Actually, I did.

Empty.

It weighs .35 ounces more with staples in it.



 [trollcatz](#)

[May 7 2008, 15:45:06 UTC](#) [COLLAPSE](#)

Heeeee!

Quick, what else needs weighing? 'Cause once I take it home, it's not getting away.




 [cvillette](#)

[May 7 2008, 15:47:14 UTC](#) [COLLAPSE](#)

Well, it only goes up to five pounds, which removes a lot of weighing-things options.



 [trollcatz](#)

[May 7 2008, 15:50:58 UTC](#) [COLLAPSE](#)

Which leaves this case file right out.

No, wait! With jacket, it's two pounds, seven and a half ounces. That makes me feel better, actually.



 [trollcatz](#)

[May 7 2008, 15:43:06 UTC](#) [COLLAPSE](#)

Eeeeeee! Thank you!



 [beatriceeagle](#)

[May 7 2008, 21:45:43 UTC](#) [COLLAPSE](#)

...You're really awesome, you know that?

The muffins sound really yummy. I will have to try them out when I a) find our scale and b) have time again.




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[May 7 2008, 21:45:43 UTC](#) [COLLAPSE](#)

...You're really awesome, you know that?

The muffins sound really yummy. I will have to try them out when I a) find our scale and b) have time again.


 [Ometotchtli](#)
[May 7 2008, 14:45:26 UTC](#) [COLLAPSE](#)

They were like little clouds!

If clouds were shaped like muffins.

And had purple-black juicy spots in them.


I love it when you're restless.

L  [cvillette](#)
[May 7 2008, 14:51:35 UTC](#) [COLLAPSE](#)

Spicy vanilla-scented clouds! Well, okay, clouds aren't usually that sticky.

L  [Ometotchtli](#)
[May 7 2008, 15:02:19 UTC](#) [COLLAPSE](#)


They are in D.C. in the summer. (At least as sticky as everything else.)

L  [cvillette](#)
[May 7 2008, 15:06:56 UTC](#) [COLLAPSE](#)

You have a point.

I could probably get them even fluffier if I used cake flour. But since they already almost fall apart...

Besides, muffins should be kind of caky.

 [adarad](#)

[May 7 2008, 15:02:12 UTC](#) [COLLAPSE](#)

Those sounds super yummy. I'm sure I'm not going to be able to open my desk drawer and find a kitchen scale, so how do ounces relate to those of us who don't have one?

I think this could be an excellent use of my muffin cap pan. :)



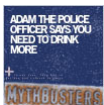
 [cvillette](#)

[May 7 2008, 15:05:53 UTC](#) [COLLAPSE](#)

Well, you see, that's the problem.

When it comes to flour, ounces don't really relate to volume. Which is why for baking fluffy things (as opposed to bread, where you go by feel), you generally measure in ounces rather than cups. Because an ounce of flour is always an ounce of flour, but depending on settling and humidity and all sorts of other things, a cup of flour could be four ounces or five ounces or six ounces.

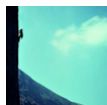
You can kind-of-quick-and-dirty 1 cup = five ounces by the scoop-and-tap method. But you will not get really consistent results.



 [adarad](#)

[May 7 2008, 15:15:07 UTC](#) [COLLAPSE](#)

You said the consistency should be sticky cookie dough right? If I put in a cup of the white flour and a half cup of the ww flour, then go from there. Add more if it's too runny, adjust for next time if it's too ... not runny.



 [cvillette](#)

[May 7 2008, 15:20:10 UTC](#) [COLLAPSE](#)

That will lead to overmixing, however--really, if you mess with it too much once the liquid is in, they'll be like little rubber balls.

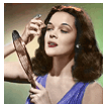
Scales are cheap! And if you're going to bake, you really need one.



 [fidelioscabinet](#)

[May 7 2008, 15:33:46 UTC](#) [COLLAPSE](#)

Coyote-boy is totally right. Overmixed mufins = failed muffins. In this case, the Alton Brown "stir for ten seconds and then stop" method is really perfectly sensible, no matter how wrong it sounds. A basic kitchen scale can be had for as little as \$-5, unless you're holding out for one you can weigh the cat on, or an electronic digital model that measures out to .000001 grams. (although that latter feature is helpful if you hand-load your ammunition...)




 [Ometotchtli](#)

[May 7 2008, 15:37:45 UTC](#) [COLLAPSE](#)

Clean your electronic digital scale thoroughly between uses. Powder residue in muffins is not recommended.



 [cvillette](#)

[May 7 2008, 15:45:15 UTC](#) Edited: [May 7 2008, 15:47:44 UTC](#) [COLLAPSE](#)

You need one with a tare feature so you can measure the powder right into the case.

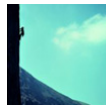
Not that I will be manufacturing any reloads at home any time soon. One exploding handgun per lifetime is enough.



 [Ometotchtli](#)

[May 7 2008, 15:55:04 UTC](#) [COLLAPSE](#)

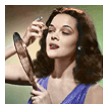
Dude, given your awesome powers, maybe you should. No squib loads, no accidental double charges, and your tolerances might be more exact than manufacturer spec. =:+D



 [cvillette](#)

[May 7 2008, 15:57:42 UTC](#) [COLLAPSE](#)

Case failures!



 [Ometotchtli](#)

[May 7 2008, 16:09:39 UTC](#) [COLLAPSE](#)

No system is perfect, it's true.

Also, the only way you'd have room is if you gave up your couch.

Deleted comment



 [cvillette](#)

[May 7 2008, 17:35:34 UTC](#) [COLLAPSE](#)

Hello. I work for a federal law enforcement agency. Just so you know.

Deleted comment



 [cvillette](#)

[May 8 2008, 16:57:30 UTC](#) [COLLAPSE](#)

;-)

 [glinda_w](#)

[May 7 2008, 16:59:19 UTC](#) [COLLAPSE](#)

Oh ghods.

I've avoided getting a kitchen scale for decades, and guess what I'm going to be looking for on my early-in-the-month get-everything-I-need-except-fresh-stuff run tomorrow?

You are **evil**.

(I make reasonably good muffins, but will have to try this...)



 [cvillette](#)

[May 7 2008, 17:37:57 UTC](#)

[COLLAPSE](#)

You know, I have a long-sleeved T-shirt that says BAD INFLUENCE across the back.

Guess who gave it to me?



 [saeba](#)

[May 7 2008, 18:58:13 UTC](#)

[COLLAPSE](#)

You know, I have a long-sleeved T-shirt that says BAD INFLUENCE across the back.

Guess who gave it to me?

The People's Committee to Support Truth in Advertsing?



 [trollcatz](#)

[May 7 2008, 19:52:16 UTC](#)

[COLLAPSE](#)

Pretty much.

Someone should have taken up a collection. *g*



 [cvillette](#)

[May 7 2008, 20:02:14 UTC](#)

[COLLAPSE](#)

CALUMNY!



 [trollcatz](#)

[May 7 2008, 21:37:29 UTC](#)

[COLLAPSE](#)

If you didn't believe it, you wouldn't wear it so often. *g*



 [glinda_w](#)

[May 8 2008, 00:56:46 UTC](#)

[COLLAPSE](#)

Scale acquired. (I got one of the little, cheap ones, weighs up to one pound. I figure, if I need more than that, I'll do it in batches. Also, this one is *small* - which, given the amount of kitchen space I don't have, is a very good thing.)

Um. Am not good at guessing - but I'd suspect one of your co-workers. Unless a bunch of us friends-from-LJ got together and got one for you... You're certainly deserving of one :)

Deleted comment



 [cvillette](#)

[May 8 2008, 12:59:49 UTC](#) [COLLAPSE](#)

Well, you can back-convert a cup to five ounces. And then adjust.

 [rekre8](#)

[May 7 2008, 17:08:45 UTC](#) [COLLAPSE](#)

Hey, um . . .how exactly do you clean a flour sifter? 'Cause I've made the newby mistake with dunking it in water, and I wonder if it's now simply an interesting but unsanitary collection of metal cylinder, mesh, and old dough.

Also, I think sifting flour and flaxseed meal together is Something Not To Be Done Again, but am interested in your take on it.



 [cvillette](#)

[May 7 2008, 17:19:56 UTC](#) [COLLAPSE](#)

You don't clean them.

You shake them out over the trash and then store them in a paper bag. So yes, I'm afraid dunking them in water will pretty much ruin them. Sorry!

I've never tried making anything with flour and flaxseed meal, and so have no opinion on that front.



 [inaurolillium](#)

[May 7 2008, 20:55:33 UTC](#) [COLLAPSE](#)

What were you making, and what happened when you tried to sift them together?

I've never baked with flax meal, but I have baked with nut meals, and no, one doesn't generally sift the meal, alone or with the flour.

 [rekre8](#)

[May 7 2008, 21:00:43 UTC](#) [COLLAPSE](#)

cookies.

If you replace part of the flour with flaxseed meal and oatmeal, add walnuts, and minimize the white sugar, they become really healthy treats (please ignore the butter and chocolate chips . . .it's healthy I say!)



[inaurolillium](#)

[May 7 2008, 21:13:02 UTC](#) [COLLAPSE](#)

I don't generally sift my flour for cookies, unless I know it has a lot of pellets in it. If you really really feel you must incorporate them thoroughly while fluffing up the flour, put them in a bowl together and whisk while still dry.

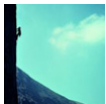
...whatever you need to tell yourself...



[kiaduran](#)

[May 7 2008, 17:20:11 UTC](#) [COLLAPSE](#)

Didja know that if you mix a little bit of flour with the blueberries (or choc chips, nuts or other weighty items) just before you add them to the mix, it will help to keep them from sinking to the bottom of said muffin or cookie or whatever? Don't know any scientific reason for this, but my good grandma told me about this and it seems to work as I never end up with bottomed-out blueberries.



[cvillette](#)

[May 7 2008, 17:30:18 UTC](#) [COLLAPSE](#)

These muffins are thick enough that there's no berry sinkage either way.



[kiaduran](#)

[May 7 2008, 17:49:08 UTC](#) [COLLAPSE](#)

drool



[cjtremlett](#)

[May 7 2008, 20:56:19 UTC](#) [COLLAPSE](#)

Oooh, tasty! *adds to my list of must-try recipes. which is getting huge*

Oh, and have you seen this? <http://news.bbc.co.uk/2/hi/science/nature/7385949.stm> The article is on the unraveling of the genetic code of the platypus, but the accompanying video is too cute for words!



[cvillette](#)

[May 8 2008, 00:11:25 UTC](#) [COLLAPSE](#)

Electro-reception! Now why can't I do that?

That looks like a *really* satisfying scratch.



[nebula99](#)

[May 7 2008, 21:59:10 UTC](#) [COLLAPSE](#)

These sound nice - I will have to give them a go.

And yay! for weighing things. With cups I have no idea and have to keep looking up the ounce equivalents in my handy kitchen hints book.



 [cvillette](#)

[May 8 2008, 00:09:00 UTC](#) [COLLAPSE](#)

Just another backwards American. ;-)

Blame Fannie Farmer. She started it.



 [inaurolillium](#)

[May 8 2008, 00:43:42 UTC](#) [COLLAPSE](#)

Blame Fannie Farmer. She started it.

As a way of making cooking more scientific, no less.



 [dancing_crow](#)

[May 8 2008, 13:04:13 UTC](#) [COLLAPSE](#)

Is it odd then, that having three editions of Fannie (it is generational - 1942, 1962 and 1983) leads me to experiment more? I think it is seeing the variation in the recipes across time. The 1942 edition has healthier choices for most of the baked goods than 1983 - less butter particularly - but may be a result of external food issues at the time...



 [inaurolillium](#)

[May 8 2008, 18:18:34 UTC](#) [COLLAPSE](#)

Not at all odd! Multiple editions remind you that recipes aren't set in stone, and can be adjusted and played with. I think it's cool that you have the and can compare. I always liked going through multiple editions of Joy of Cooking.



 [jennythe_reader](#)

[May 8 2008, 21:15:48 UTC](#) [COLLAPSE](#)

Sigh...

You keep posting these recipes that sound lovely, except I always loathe one of the key ingredients. Would these work with some other type of fruit substituted for the blueberries?



 [cvillette](#)

[May 9 2008, 00:03:01 UTC](#) [COLLAPSE](#)

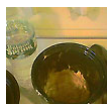
Why wouldn't you be able to?



 [jennythe_reader](#)

[May 9 2008, 01:27:11 UTC](#) [COLLAPSE](#)

Differing moisture levels in different fruits might change things? I know that there are recipes where that can make a difference, I wasn't sure if this was one of them.



[cvillette](#)

[May 9 2008, 01:30:42 UTC](#) [COLLAPSE](#)

Well, sure it might, but there's nothing to do there except experiment and see what happens!

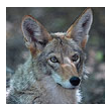


[jennythe_reader](#)

[May 9 2008, 03:29:44 UTC](#) [COLLAPSE](#)

I'm always a little nervous about experimental baking. It's so easy for slightly wrong proportions to change the yummy baked good that you were expecting into inedible glop.

I shall attempt strawberry muffins! Wish me luck!



[cvillette](#)

[May 9 2008, 12:28:04 UTC](#) [COLLAPSE](#)

Luck!

Spices in with the wet?



[pegasusup](#)

[June 19 2008, 22:14:00 UTC](#) [COLLAPSE](#)

I noticed in your recipe that you mix in the spices (nutmeg, cardomom) with the wet (butter, yogurt, etc), rather than sift them with the dry. Do you get better distribution that way? Or do the flavor bloom if they are moistened first?



Re: Spices in with the wet?

[cvillette](#)

[June 20 2008, 11:34:25 UTC](#) [COLLAPSE](#)

Both, I kind of think.

Re: Spices in with the wet?



[pegasusup](#)

[June 20 2008, 18:14:31 UTC](#) [COLLAPSE](#)

Hmm. Sounds like a little experimentation is in order. I see two batches of muffins in my future. Thanks for the recipe.

[locked] Dream Journal

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning

Elvis doesn't live here anymore.

Hey there. Sorry about the drama. It was... it was an emotional decision, and I didn't

Poppets. Puppets. Poppet
puppets. Scary.